

## CLAIMS

1. A hand-held self-contained massaging device for body massage comprising a lower portion which is a hand grip (4) comprising a plurality of finger rings or notches (2) for placement of a user's fingers in such rings and wherein such finger rings are arranged consecutively and connected to each other and are of a dimension to accommodate the fingers of one hand; wherein the bottom-most portion of the massaging device or handgrip is of a convex nature (4) and further comprising an arched dome member (1) connected to the upper surface of all of the rings, wherein said arched dome member is of a size suitable for effective general effleurage and lymph drainage and is also suitable for effleurage on a recipient's limbs .  
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2. The massaging device of claim 1, wherein the upper part is gently tapered at each end (3) of the arched dome member (1) and wherein such gently tapered ends (3) are suitable for focused petrissage and friction massage movements.  
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4. The massaging device of claim 1 or claim 2, wherein the upper part is hollow and filled with air or another inert gas.  
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5. The massaging device of any one of claims 1, 2 or 3, wherein the upper part is hollow and filled with an inert liquid or a battery-operated heating device or an infrared heating device.  
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6. The massaging device of any one of claims 1-5, wherein the handgrip is hollow and filled with an inert liquid or a battery operated heating device or an infrared heating device.  
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7. The body massage device of any one of claims 1-6 wherein the handgrip is concave (5).  
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8. A hand-held self-contained massage device for use in performing Indian Head massage including stroking, waving and compression movements comprising an upper-most portion (22) having a solid arched dome, a plurality of finger holes or notches (21) arranged consecutively and interconnected and are of a dimension to comfortably accommodate the fingers of the user's hand and wherein the device further comprises an outer finger notch (24) on the side of the upper-most portion of said device and

wherein said upper-most portion of the device further comprises gently tapered edges (23) for use in focused petrissage and wherein said tool additionally comprises a plurality of teeth (25) of a size and dimension to enable free-flowing, no tangle movement when stroking, waving or using compression movements on the scalp of a  
5 recipient.

9. The hand-held massage tool as claimed in claim 8, wherein said massage tool is inverted and the user thereby uses the base of the teeth (27) as a grip and thereby using the upper-most portion of the tool (22) for massage movement.  
10. The hand-held massage tool as claimed in claim 8 or claim 9 wherein said teeth further comprise rounded tips (26) to allow easy movement of said tool across the scalp without tangling the recipient's hair.

15 11. The massaging device of claims 8, 9 or 10, wherein the upper part is hollow and filled with air or another inert gas.

12. The massaging device of any one of claims 8-11, wherein the upper part is hollow and filled with an inert liquid or a battery-operated heating device or an infrared  
20 heating device.

13. A hand-held massage tool set for use in performing foot massage comprising an interactive hammer implement and a spatula implement, wherein said hammer-  
25 implement comprises an upper hammer head (15) which is elliptical in shape with tapered and gently rounded edges (17), a middle section (18) functioning as a hand/finger gripping section connecting said upper elliptical hammer head to an orb-shaped base (19) and wherein said spatula comprises an upper section shaped in a circular head (9) said circular head comprising a flat disk or rounded centre (11) with a raised lipped edge (10) completely surrounding said rounded centre and said spatula  
30 further comprising a connecting middle section (13) for use as a finger/hand grip section and a tear-drop base (12, 14).

14. A hand-held massage foot tool as claimed in claim 13, wherein said tapered edge of the upper elliptical hammer head (17) strikes said rounded centre of the spatula  
35 (11) creating vibrations on the point of the recipient's foot where the circular head of spatula tool has placed.

15. A hand-held massage foot tool as claimed in claims 13 or 14, wherein said tear-drop base of said spatula implement is used for Reflexology pressure point movements.
- 5 16. A hand-held massage foot tool as claimed in claims 13-15, wherein the top of the upper hammer head (15) is used for effleurage massage movements on the foot.
- 10 17. A hand-held foot massage tool of claims 13-16, wherein said orb-shaped base (19) of said hammer implement acts as a counter-weight for the hammer head in performing the striking motion of the hammer-implement to the spatula implement and wherein said orb-shaped base also functions as a device for performing petrissage on the recipient's foot.
- 15 18. A massaging device of any one of claims 13-17, wherein the upper part of the hammer implement filled with an inert liquid or a battery-operated heating device or an infrared heating device.
- 20 19. A massage device of any one of claims 13-17, wherein the head of the spatula implement or the tear-drop end of the spatula implement is hollow and filled with an inert liquid or a battery operated heating device or an infrared heating device.
- 25 20. A massage device of any one of claims 13-17 wherein said top elliptical portion of the hammer head (15) includes a battery operated vibrating mechanism to maximise vibrational movements on the recipient's foot.
21. A massage device of any one of claims 13-17 wherein said bulbous end/tear drop end (12) includes a battery operated vibrating mechanism to maximise vibrational movements on the recipient's foot.
- 30 22. A hand-held self-contained massage tool for use in massaging the face and neck regions of a recipient in need of such massage, wherein said facial massage tool comprises an upper portion (6a) comprising a gently rounded arrowhead point (6b), a middle section comprising concave u-bend elements (8a) with rounded tapered edges (8b) and a rounded crescent-shaped bottom (7).

23. A hand-held facial massage tool as claimed in claim 21, wherein said gently rounded arrowhead portion is of a width allowing focused petrissage on localised areas of the face, jaw and neck, including facial pressure points and where such gently-rounded edges (6a) are of a width to allow gentle effleurage on smaller bonier areas of  
5 the face.
24. A hand-held facial massage tool as claimed in claims 21 or 22, wherein said concave u-bend elements further comprise rounded tapered edges (8b) and the hollow of said u-bends (8a) is such so as to allow the recipient of a facial massage using said  
10 tool to follow the natural curve of the recipient's jaw line thus alleviating tension and toning the facial muscles of said jaw line.
25. A hand-held facial massage tool as claimed in any one of claims 21, 22 or 23, wherein said crescent shaped bottom is of a sufficient width and curvature to provide the  
15 recipient with generalised effleurage and petrissage in the facial and neck regions and upper shoulders.
26. The massaging device of any one of claims 21-24, wherein the upper part is hollow and filled with an inert liquid or a battery-operated heating device or an infrared  
20 heating device.
27. The massage devices as claimed in claims 1-25 wherein said massage tools comprise a set and are used for an all over body massage.